

Laurel Hills Community Center

Programs and Classes

January—April 2014

Baby Sign Me

Age: 8-18mths.

American sign language is the base of this class which is taught to the parent and infant to improve communication and help lessen frustration. Instructor: Bettie Ittenbach.

Course Fee: \$30

#151314 Feb 5-26 W 2:00-2:30pm

#151323 Mar 5-26 W 2:00-2:30pm

Dance - Twirling Ribbons for 2's and 3's

Age: 2-3 yrs.

They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Fun dance steps that are short, easy to follow and beautiful to see! Parent attendance is required.

Course Fee: \$36

#150905 Feb 15-Mar 15 Sa 9:15-9:45 AM

Dance – Twirling Ribbons

Age: 3-5yrs. They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Ms. Khadija (Coach K).

Course Fee: \$42

#150915 Jan 15-Feb 5 W 5:30-6:15pm

Birding for Preschoolers

Age: 4-5yrs. Preschoolers can learn to identify birds too!

Backyard birds will be our focus as we talk about their different colors and songs. We will explore the outdoors in search of these feathered friends. Pre-registration is required four days prior to program. For more information, contact Nature Programs at 919- 996-6856.

Course Fee: \$2

#150151 Mar 12 W 10:15-11:00am

Playgroup Tot Time

Age: 1-5yrs. The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

#151758 Jan 2-Apr 29 T,Th 10:00am-12:00pm

Breakfast with the Bunny

Age: Up to 10yrs. Hop on over to Laurel Hills for the annual Egg Hunt which will include crafts and other family entertainment. Enjoy light refreshments and meet the Bunny!

#151770 Apr 12 Sa 10:00am-11:00am

Kidokinetics Jr.

Age: 18mths-3yrs. Kidokinetics Jr. is a unique and dynamic all around sports fitness program for toddlers and their grownups! Move, stretch and build confidence together while learning fitness and sports fundamentals. Our dynamic curriculum is designed to get toddlers engaged in active play in order to encourage a positive attitude toward sports and physical exercise in a fun, noncompetitive environment. Activities include soccer, parachute games, tennis, basketball, volleyball, obstacle courses, baseball, hula hoops and lots more!

Course Fee: \$40

#151771 Jan 8-29 W 10:15-11:00am

#151772 Feb 5-26 W 10:15-11:00am

#151773 Mar 5-26 W 10:15-11:00am

#151774 Apr 2-23 W 10:15-11:00am

Kidokinetics

Age: 3-5yrs. Kidokinetics is the 'Fun Way to Fitness' that's inspiring kids to get up, get moving and get in shape! We are an exciting and unique program developed to promote sports and fitness to boys and girls. Our fun-filled classes include activities that develop motor and cognitive skills while enhancing physical fitness. Kidokinetics teaches the basic concepts of various sports and other important physical exercises in an encouraging, high energy atmosphere. Children will leave each class feeling accomplished and more confident.

Course Fee: \$40

#151776 Feb 5-26 W 11:15am-12:00pm

#151777 Mar 5-26 W 11:15am-12:00pm

#151778 Apr 2-23 W 11:15am-12:00pm



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Basketball – Little Shooters

Age: 3-5yrs.

A skills, drills and play shooters class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding non-competitive sports experience. Coach K

Course Fee: \$36

#150990 Jan 14-Feb 4 T 4:30-5:15pm

#150991 Feb 18-Mar 11 T 4:30-5:15pm

#150992 Mar 18-Apr 8 T 4:30-5:15pm

Football – Two's Sport Zone

Age: 2yrs.

Parent and child come off the sidelines and get into the game as you learn about football skills by participating in mini drills and fun games. Punt, pass, kick and catch, basics and more! Benefits include hand-eye coordination, body awareness and socialization.

Instructor: Coach K.

Course Fee: \$36

#150947 Jan 11-Feb 8 Sa 11:00-11:30am

Soccer – Little Kickers

Age: 3-5yrs.

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening

skills, good sportsmanship and teamwork! GOAL! Coach K

Course Fee: \$27

#150995 Jan 15-Feb 5 W 4:30-5:15pm

#150996 Feb 19-Mar 12 W 4:30-5:15pm

#150997 Mar 19-Apr 9 W 4:30-5:15pm

#150998 Feb 15-Mar 15 Sa 1:00-1:45pm

Soccer – Two's Sport Zone

Age: 2yrs.

Parent and child come off the sidelines and get into the game as you learn about soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K.

Course Fee: \$36

#150948 Jan 11-Feb 8 Sa 10:15-10:45am

#150949 Feb 15-Mar 15 Sa 10:15-10:45am

#150950 Mar 22-Apr 19 Sa 10:15-10:45am

T-Ball – Little Sluggers

Age: 3-5yrs. Introduction to T-ball skills

using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, noncompetitive atmosphere.

Course Fee: \$36

#150931 Jan 11-Feb 8 Sa 12:30-1:15pm

T-Ball – Sluggers

Age: 4-7yrs.

Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, noncompetitive atmosphere.

Course Fee: \$40

#146494 Oct 2-23

W

6:30-7:15pm

Basic Cheerleading

Age: 5-8yrs.

New to cheerleading or just love to cheer? In this six week class, you can learn how to jump, cheer and dance. We will learn motions, jumps, voice projection, chants, cheers and dances. You will learn the difference between chants and cheers and we'll include these for both football and basketball. The sports education component will teach you about offense and defense and the appropriate cheers and chants for each. Crowd involvement cheers and showcase cheers are included in this action packed class.

Instructor: Tonya Baker.

Course Fee: \$50

Ages 5-8

#152123 Jan 8-Feb 12 W 5:45-6:45pm

#152143 Feb 19-Mar 26 W 5:45-6:45pm

#152156 Feb 19-Mar 26 W 7:00-8:00pm

Ages 9-13

#152124 Jan 8-Feb 12 W 7:00-8:00pm

#152146 Apr 2-May 7 W 5:45-6:45pm

#152157 Apr 2-May 7 W 7:00-8:00pm

Kidokinetics Sports and Fitness

Age: 6-10yrs. Kidokinetics is fun, noncompetitive all around sports fitness program designed to enhance coordination and concentration and improve muscle tone and cardiovascular fitness. We introduce a different sport or activity each week, focusing on basic fine and gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. This is a great class for kids who don't necessarily love competitive sports, or are on the off season, but love to be active. Activities include soccer, hockey, tennis, basketball, volleyball, golf, badminton, yoga, kickball and lots more.

Course Fee: \$40

#151783 Jan 6-Feb 3 M 4:45-5:30pm

#151784 Feb 10-Mar 3 M 4:45-5:30pm

#151785 Mar 10-31 M 4:45-5:30pm

#151786 Apr 7-28 M 4:45-5:30pm

ZumbAtomic®

Age: 6-10yrs.

Zumbatomic® fitness program for kids that is a mix of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and involves hula hoops, games, sharing and team work. Safe and effective. Certified Zumba Instructor:

Bettie Ittenbach

Course Fee: \$30

#151335 Feb 5-26 W 4:15-5:00pm

#151336 Mar 5-26 W 4:15-5:00pm



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Karate Tigers

Age: 6-12yrs. This is a Karate program to help improve your child's focus, patience, teamwork, leadership, balance, coordination, flexibility and self defense. We also teach stranger awareness and how to walk away from trouble and confrontations through the art of traditional Okinawan Shorin Ryu Matsubayashi Ryu Karate Do.

Course Fee: \$36

#151601	Feb 1-22	Sa	9:15-10:00am
#151602	Mar 1-22	Sa	9:15-10:00am
#151603	Apr 5-26	Sa	9:15-10:00am

Karate – Okinawan Shorin-Ryu

Age: 7yrs and up. A karate program to help improve your public speaking, leadership, balance, coordination, flexibility, and self defense through the art of Okinawan Shorin- Ryu Karate-DO Okinawan and Kata.

Course Fee: \$44

#151628	Jan 7-30	T,Th	6:30-7:30pm
#151629	Feb 4-27	T,Th	6:30-7:30pm
#151630	Mar 4-27	T,Th	6:30-7:30pm
#151631	Apr 1-24	T,Th	6:30-7:30pm

Basketball – Hoops

Ages 10-12. Keep your skills sharp! We'll work on shooting, defense, position play and overall understanding of the game while having fun! Be sure to wear comfortable clothes and sneakers. Instructor: Coach K. Course Fee: \$40

#150923	Mar 22-Apr 19	Sa	1:00-1:45pm
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Raleigh Youth Council

Age: 14-18yrs.

Are you a high school student interested in initiating, organizing, and executing programs and projects that benefit teens?

The Raleigh Youth Council is for teens and is run by teens.

They focus their involvement on leadership opportunities, community service, recreation, and fundraising as well as special events such as: Youth Legislative Assembly, State Youth Council Conferences, and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating please contact the Teen Program at 919-996-2139. Meetings are on the 2nd and 4th Mondays each month at 7:00pm.

Sign Language Level I ASL Beginner

Age: 14yrs and up. Want or need to learn sign language? This is a good place to start. Get the basics and build your vocabulary in a fun and relaxed atmosphere. Beginning classes offer different emphasis geared toward the registrant's needs. It is best to take a few beginner classes before moving onto intermediate. Course Fee: \$80

#151303	Feb 5-Mar 26	W	5:30-6:30pm
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Music – Beginner Guitar

Age: 7-11yrs. So you want to be a rock star? This is a good way to start—join this fun beginners group where you can learn to play basic chords, beginning melodies and scales in a small class environment. Learning how to read music will be taught, as well. From popular music to the classics, this eight week program can get you on the road to stardom! Please bring a guitar to class. Instructor: Jonathan Prince.

Course Fee: \$80

#151972	Jan 9-Feb 27	Th	6:30-7:30pm
#151973	Mar 6-Apr 24	Th	6:30-7:30pm

Yoga – Chair Yoga

Age: All Ages. This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints, and breath awareness to calm and release tension. All standing poses may be done with the support of a chair.

Course Fee: \$8

#151347	Jan 8-29	W	11:30am-12:15pm
#151348	Feb 5-26	W	11:30am-12:45pm
#151349	Mar 5-26	W	11:30am-12:45pm
#151351	Apr 2-30	W	11:30am-12:45pm

Exercise: Health Maintenance Tai Chi

Age: 16yrs and up. Tai Chi is a form of gentle exercise that is suitable for individuals of varying physical ability. Many medical professionals have endorsed Tai Chi as therapeutic for various health conditions such as chronic pain and high blood pressure. You will learn basic skills of body alignment, movements and steps that will improve your balance, breathing and coordination. You will feel enhanced internal energy and physical strength. Dr. Xiaoquin Wu Turner instructs.

Course Fee: \$40

#151653	Jan 7-28	T	10:30-11:30am
#151665	Feb 4-25	T	10:30-11:30am
#151666	Mar 4-25	T	10:30-11:30am
#151667	Apr 1-22	T	10:30-11:30am

Seniors In Motion

Age: All Ages. This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements.

Course Fee: \$8

#151149	Jan 8-29	W	10:15-11:15am
#151150	Feb 5-26	W	10:15-11:15am
#151151	Mar 5-26	W	10:15-11:15am
#151152	Mar 7-28	F	10:15-11:15am
#151153	Apr 2-30	W	10:15-11:15am
#151154	Jan 3-31	F	10:15-11:15am
#151155	Feb 7-28	F	10:15-11:15am
#151156	Apr 4-25	F	10:15-11:15am



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